

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-41. (cancelled)

42. (new) A method for the prevention and/or treatment of depression or depression-related disorders, comprising administering orally to a person in need thereof a preparation which contains at least the following:

a) long chain polyunsaturated fatty acids comprising ω -3 and ω -6 fatty acids, in an amount of at least 350 mg per day;

b) a mixture of phospholipids comprising phosphatidylcholine and phosphatidylethanolamine and at least one of phosphatidylserine and phosphatidylinositol, wherein said phospholipids are in a ratio of phosphatidylcholine and phosphatidylethanolamine to phosphatidylserine and phosphatidylinositol is 0.5-20:1 (wt/wt), and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

43. (new) The method according to claim 42, wherein the preparation further comprises at least one of hypericin and extract of *Withania somnifera*.

44. (new) The method according to claim 42, wherein the preparation further comprises citrate.

45. (new) The method according to claim 42, wherein the preparation further comprises tryptophan, or a protein containing tryptophan.

46. (new) The method according to claim 42, wherein the ω -3 fatty acids are selected from the group consisting of eicosapentaenoic acid and docosahexaenoic acid and the ω -6 fatty acids are selected from the group consisting of arachidonic acid and dihomogammalinolenic acid.

47. (new) The method according to claim 42, wherein c) contains at least folate and vitamin B6.

48. (new) The method according to claim 42, wherein the preparation further comprises at least one member selected from SAME, choline, betaine and copper.

49. (new) The method according to claim 42, wherein the preparation further comprises zinc and copper, wherein the weight ratio of zinc to copper is between 5-12:1.

50. (new) The method according to claim 42, wherein the preparation further comprises at least one member selected from the group consisting of carnitine, vitamin B1, vitamin B5 and coenzyme Q10.

51. (new) The method according to claim 42, wherein the preparation further comprises at least one antioxidant selected

from vitamin C, vitamin E, lipoic acid, selenium salt and carotenoids.

52. (new) The method according to claim 42, wherein the preparation further comprises an extract of ginkgo biloba.

53. (new) The method according to claim 42, wherein the preparation further comprises vitamin D.

54. (new) The method according to claim 42, wherein the preparation comprises folate, citrate, at least one of hypericin and extract of Withania somnifera, and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.1 mg hypericin and at least 100 mg extract of Withania somnifera and

at least 500 mg citrate.

55. (new) A method for the prevention and/or treatment of depression or depression-related disorders, comprising administering orally to a person in need thereof a preparation which contains at least the following:

a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids in an amount of at least 350 mg per day,

wherein the ω -3 fatty acids comprise eicosapentaenoic acid and docosahexaenoic acid and the ω -6 fatty acids comprise at least one of arachidonic acid and dihomogammalinolenic acid, and wherein said ω -3 and ω -6 fatty acids are in a ratio of eicosapentaenoic acid and docosahexaenoic acid to arachidonic acid and dihomogammalinolenic acid of 2.5-5.5:1 (wt/wt);

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine, and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.

56. (new) The method according to claim 55, wherein the preparation comprises eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, magnesium, zinc, vitamin B6 and vitamin B12 and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 20 mg eicosapentaenoic acid;

at least 50 mg docosahexaenoic acid;

at least 50 mg arachidonic acid;

at least 200 mg phospholipids;

at least 200 μ g folate;

at least one of at least 0.2 mg hypericin and at least 500 mg Withania somnifera extract;

at least 100 mg magnesium;
at least 5 mg zinc;
at least 2 mg vitamin B6;
at least 2 µg vitamin B12; and
at least 1.0 g citrate.

57. (new) A method for the prevention and/or treatment of depression or depression-related disorders, comprising administering orally to a person in need thereof a preparation which contains at least the following:

- a) long chain polyunsaturated fatty acids comprising ω-3 and ω-6 fatty acids in an amount of at least 350 mg per day;
- b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine;
- c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc, and
- d) vitamin D3 in an amount between 4 and 40 µg per day.

58. (new) The method of claim 42, wherein the preparation comprises the phospholipids in an amount of at least 1 g per day.